

# Adults 60+ Recreation and Services Guide

**WINTER 2020**



**ROCKVILLE SENIOR CENTER • 1150 CARNATION DRIVE • ROCKVILLE, MD 20850**



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## Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

## Stay Informed

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Email: [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

## Prices Key:

Prices are listed as:

Senior Center Member/Nonmember



# Welcome

## Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

## Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

**Main Line/Registration:** 240-314-8800

**Directions:** 240-314-5019

**Bus Transportation/Lunch Reservations**

240-314-8810

## Center Membership Fees

\$40/year: Rockville residents

\$135/year: nonresidents; \$65: spouse

## Fitness Center Membership Fees

\$90/year (must be a Senior Center member)

**Bridget Donnell Newton, Mayor**

**Councilmembers**

**Beryl L. Feinberg, Virginia D. Onley, Mark Pierzchala**

*(As of press date.)*

**Robert DiSpirito, City Manager**

**Tim Chesnutt, Director of Recreation and Parks**

**Chris Henry, Deputy Director of Recreation and Parks**

**Andy Lett, Superintendent of Recreation**

**Steve Mader, Superintendent of Parks and Facilities**

## Reminder for Winter Programs:

When Montgomery County Public Schools (MCPS) are cancelled, all programs are cancelled at the center. When MCPS delays two hours, all morning programs are cancelled, along with lunch and 9 a.m. bus pickup at the center. Call 240-214-8800 for updated information on center closures.

## Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current on Dec. 3 to receive discounts on classes. Unless another location is listed, all classes are held at the Rockville Senior Center.

## Building & Fitness Room Closures

**Wednesday, Dec. 25: Christmas Day**

**Wednesday, Jan. 1: New Year's Day**

**Monday, Jan. 20: Martin Luther King Jr. Day**

**Monday, Feb. 17: Presidents Day**

## Registration Dates

(M): Senior Center Member registration begins.

**Tuesday, Dec. 3.** Senior Center members receive a discount on programs.

(NM): Nonmember registration begins **Thursday, Dec. 5.**

## Any Questions?

Email us at [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.

# Arts & Enrichment

## Albert Einstein: The Human Side **NEW!**

Candace Ridington portrays Albert Einstein's long-serving secretary, Helen Dukas, co-trustee of the Einstein estate and archivist of his papers after his death. Learn about what Helen calls "the human side" of Einstein: his curiosity and wonder at the universe, the violin playing, his humorous side, and more.

Course	Day, Date	Time	Cost	Location
11625	M, 1/27	1-2 pm	\$6/\$8	Azalea Rm

## Be Your Own Travel Agent **NEW!**

Travel agent, Rick Hildenbrand, will outline the steps to plan and book customized itineraries for your travel needs. Learn from an expert the best way to be successful with your unique travel experiences. He will have show-and-tell instructions and handouts available.

Course	Day, Date	Time	Cost	Location
11497	Th, 2/6	10:30 am-12 pm	\$3/\$5	Board Rm

## Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. **Registration is required at least one week prior to each party, based on availability.** Members and City of Rockville residents are free.

**January** Entertainment by: Jesse Palidofsky

Sponsored by: HomeCall

Course	Day, Date	Time	Cost	Location
11280	W, 1/8	1:30-3 pm	Free/\$7	Carnation Rm

**February** Entertainment by: Little Bit of Blues

Sponsored by: Collingswood Rehabilitation and Healthcare Center

Course	Day, Date	Time	Cost	Location
11281	W, 2/5	1:30-3 pm	Free/\$7	Carnation Rm

**March** Entertainment by: Jeff Herbert - Irish Tunes

Sponsored by: Brightview Falls Grove

Course	Day, Date	Time	Cost	Location
11282	W, 3/4	1:30-3 pm	Free/\$7	Carnation Rm

## Book Club

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current bestsellers. Books are selected by the group at each session. A moderator presents topics for discussion.

Course	Day, Date	Time	Cost	Location
11283	Th, 1/23-2/27	10-11 am	Free/\$6	Board Rm

## Bridge – Beginner Part II **NEW!**

This course is a continuation of Beginner's Bridge 1. The 2 Over 1 Bidding System will continue to be fleshed out and there will also be an emphasis on declarer play. Prerequisite: Beginner's Bridge 1 or a basic understanding of modern bidding.

Course	Day, Date	Time	Cost	Location
11284	Tu, 1/14-2/25	1-3 pm	\$76/\$96	Lounge

## Carnation Players

Calling all characters! If you can sing, dance, play an instrument, or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. Group performs for center events and in the community. Come get ready for the next show!

Course	Day, Date	Time	Cost	Location
11509	Tu, 2/4-3/31	3-4 pm	Free	Carnation Rm

## Civilian Response to Active Shooter **NEW!**

Learn how to protect yourself with this important safety awareness program. Civilian Response to Active Shooter Events (CRASE) will teach you tools to survive an event, no matter where one may occur. We never know if/when a shooter will appear, so learn to increase your awareness, response, and what is needed to survive an active-shooter event. Also discussed will be the history and prevalence of events, civilian response options, and the body's response to high stress incidents. Facilitated by Cpl. Ken Matney, Rockville City Police Department.

Course	Day, Date	Time	Cost	Location
11496	Tu, 12/10	10:30 am-12 pm	Free	Azalea Rm



**Worried about the Weather?**

Call 240-314-8800 for updated openings and closings.





## Classical Reflections for a Winter's Day **NEW!**

This musical presentation will be performed by Connie Hughes, our piano teacher. Works by Mozart, Brahms, Chopin, Schubert and Debussy will be presented, along with program notes and commentary. History and insight into world-famous piano pieces in a friendly, relaxed atmosphere.

Course	Day, Date	Time	Cost	Location
11394	Th, 1/23	1-2 pm	\$5/\$7	Carnation Rm

## English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on 1/13, 1/14, 1/15, 1/16, 10 a.m. Class cancelled Monday, 1/20 and 2/17.

### English A Just the Basics of English

Course	Day, Date	Time	Cost	Location
11541	M,W, 1/13-3/25	10 am-12 pm	\$20/\$27	Azalea Rm

### English 1 Beginner

Course	Day, Date	Time	Cost	Location
11542	M,W, 1/13-3/25	10 am-12 pm	\$20/\$27	Azalea Rm

### English 2 High Beginner

Course	Day, Date	Time	Cost	Location
11544	Tu,Th, 1/14-3/19	10 am-12 pm	\$20/\$27	Arts & Crafts

### English 3 Intermediate

Course	Day, Date	Time	Cost	Location
11550	Tu,Th, 1/14-3/19	10 am-12 pm	\$20/\$27	Card Rm

### English 4 Advanced

Course	Day, Date	Time	Cost	Location
11551	M,W, 1/13-3/25	10 am-12 pm	\$20/\$27	Card Rm

## English Conversation Classes

Speak more confidently about everyday topics.

### BEG. Less talk

Course	Day, Date	Time	Cost	Location
11571	M, 1/13-3/23	12:30-2:30 pm	\$14/\$18	Sunroom

### INT. More Talk

Course	Day, Date	Time	Cost	Location
11573	Th, 1/23-3/19	12:30-2:30 pm	\$14/\$18	Sunroom



## Female Re-Enactors of Distinction **NEW!**

Female Re-Enactors of Distinction (FREED) is a group of ladies who originally met in 2005 at the African American Civil War Museum. Their mission is to educate and promote the accomplishments of African-American Civil War soldiers and the women who supported their fight for freedom. In honor of Black History Month, we are delighted to have a number of these ladies join us for a discussion and light refreshments.

Course	Day, Date	Time	Cost	Location
11395	F, 2/7	10:30 am-12 pm	\$3/\$5	Carnation Rm

## Gourmands Go Irish **NEW!**

Let's go on an Irish outing for lunch. Experience Irish fare and hospitality at the Fitzgerald's Shamrock Inn in Thurmont. Participants may select from three entree options and two desserts the day of the trip, each served with soup, rolls, coffee and tea. Fee includes leadership and bus transportation. Please note: additional \$27 is payable the day of the trip in cash.

Course	Day, Date	Time	Cost	Location
11511	Th, 3/12	10:30 am-3:30 pm	\$25/\$32	Glenview lot

## Guitar – Beginning and Continuing

Learn a new skill or refresh one long forgotten with this acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, melodies, basic theory and tips to get you playing. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

Course	Day, Date	Time	Cost	Location
11513	W, 1/15-2/26	1:30-2:30 pm	\$99/\$125	Board Rm

# Arts & Enrichment

## Handbells

A fun course using color-coded lightweight hand bells that requires no previous musical knowledge. Each student will get to use one or two bells to play folk and some classical music. As the class progresses, chords will be taught to the group. Practicing is not required. At the end of the session, we will give a short performance at the center. A \$10 music book fee is due at the beginning of the class for new participants.

Course	Day, Date	Time	Cost	Location
11514	Tu, 1/14-2/25	2-2:50 pm	\$20/\$25	Board Rm

## Italian

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of Italian and start speaking with confidence. This class will include interactive activities.

### Beginner

Course	Day, Date	Time	Cost	Location
11579	M, 1/13-3/30	12:15-2:15 pm	\$55/\$70	Arts & Craft

### Continuing

Course	Day, Date	Time	Cost	Location
11581	Th, 1/9-3/12	12:15-2:15 pm	\$55/\$70	Arts & Crafts

## Mah Jongg – Beginner **NEW!**

Learn how to play the American version of this fun and exciting tile game. Discuss history of the game and learn the basics of Mah Jongg. The class will include strategies to help improve play. Please purchase the 2019 card online from the National Mah Jongg League at [www.nationalmahjonggleague.org](http://www.nationalmahjonggleague.org) before the first class. Please note, the 2020 card doesn't begin until April 2020.

Course	Day, Date	Time	Cost	Location
11499	W, 1/29-2/19	1-2:30 pm	\$40/\$50	Lounge



### Did you know?

Members can borrow from an extensive list of DVD movies at the front office.

## Painting With Friends by Tammy

Winter won't ever look the same again after you paint a snowman on a bowling pin. This fun art project, supervised by Tammy, can be used as a decorative accent to your home or as a door-stop. No painting experience necessary and all supplies provided. \$25 fee payable in cash to the instructor at beginning of class.

Course	Day, Date	Time	Cost	Location
11393	M, 12/16	10:30 am-12:30 pm	\$5/\$7	Arts & Crafts

## Piano Lessons

Learn fundamentals of rhythm, theory, and note reading in a small-class environment. Pianos are available for each person. \$10 material fee if new book is needed.

**Beginner:** A good place to start your musical journey. Each student can learn at their own pace in a relaxed atmosphere.



Course	Day, Date	Time	Cost	Location
11540	Tu, 1/14-2/25	12:30-1:20 pm	\$99/\$125	Board Rm

**Beg. Continuing:** This class is for those who have taken at least one series of piano with our Senior Center instructor. The class covers keyboard, rhythms and techniques.

Course	Day, Date	Time	Cost	Location
11543	Tu, 1/14-2/25	10:30-11:20 am	\$99/\$125	Board Rm

**Advanced Continuing:** Class is designed for those who read both musical clefs, play two hands simultaneously, and understand theory. Prerequisite: students who have taken a continuing class at the Senior Center or meet the listed requirements.

Course	Day, Date	Time	Cost	Location
11545	Tu, 1/14-2/25	11:30 am-12:20 pm	\$99/\$125	Board Rm

## Open Practice: **NEW!**

All students of the center's Group Piano classes are welcome to come and practice on their own. Learning piano is easier if you have time to build on what you have learned in class. Bring your piano book and enjoy this time set aside for yourself!

Course	Day, Date	Time	Cost	Location
11642	F, 1/17-2/28	10 am-12 pm	Free	Board Rm

## Piecemakers' Club

Join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project. No class 2/17.

Course	Day, Date	Time	Cost	Location
11510	M, 1/27-3/30	12:45-2:45 pm	\$9/\$12	Card Rm

## Science Tuesdays

An engaging monthly presentation and conversation with a scientist, each meeting focusing on a different topic. No scientific background required, just curiosity. Co-sponsored by Rockville Science Center. *Emails will be sent to inform you of each month's topic.* Sign up to receive emails about monthly presentations! Second Tuesday of the month.

Course	Day, Date	Time	Cost	Location
11574	Tu, 1/14-3/10	1-2 pm	Free	Azalea Rm

## Second Fiddle – VPs Never President

The role of the vice president is simply to be prepared to take over if the president is unable. They also play an important role as the President of the Senate and could cast a tie-breaking vote. There have been 48 VPs in American history and many are forgotten since they never became president of the United States. Professor Joan Adams will present this series.

**Levi Parsons Morton** was our 22nd vice president. He was a governor, minister to France, and a member of the House of Representatives. Why has he been somewhat forgotten in American history?

Course	Day, Date	Time	Cost	Location
11534	M, 1/13	10:30-11:30 am	\$8/\$10	Card Rm

**Adlai Ewing Stevenson** is known as a supporter of free silver. Known for conducting himself in a dignified manner and being able to address matters in a nonpartisan way. He was disliked by postal workers and the big question is why?

Course	Day, Date	Time	Cost	Location
11535	M, 2/10	10:30-11:30 am	\$8/\$10	Card Rm

**Garret Hobart** was the sixth vice president to die in office. This wealthy corporate lawyer rarely set foot in a court room. Hobart was popular in Washington and well known for his great tact. What did he do that was so tactful?

Course	Day, Date	Time	Cost	Location
11536	M, 3/9	10:30-11:30 am	\$8/\$10	Card Rm

## Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of Spanish and start speaking with confidence. Includes interactive activities.

### Basics

Course	Day, Date	Time	Cost	Location
11583	Tu,Th, 1/14-2/13	12:30-2:30 pm	\$55/\$70	Board Rm

### Continuing

Course	Day, Date	Time	Cost	Location
11585	M,W, 1/13-2/17	12:30-2:30 pm	\$55/\$70	Board Rm

## Sudoku Class

Sudoku is a logic-based, combination number-placement puzzle. We are learning the electronic version of the game so please bring your smartphone! Strategies will help master hard and expert puzzles. Basic experience is required.

Course	Day, Date	Time	Cost	Location
11515	Th, 1/23-2/13	10-11 am	\$3/\$6	Azalea Rm



### Reminder...

Don't forget registration begins:

**Dec. 3** for members.

**Dec. 5** for nonmembers.



# Arts & Enrichment

## Thurgood Marshall – **NEW!** Civil Rights Leader

A trail-blazing civil rights victory in Montgomery County led to civil-rights icon Thurgood Marshall delivering an early blow to school segregation in Montgomery County. Gaining equal pay for the county's African-American teachers in 1937 is a little-known legal case often seen as the first step in Marshall's successful drive to have segregation declared unconstitutional. PowerPoint presentation by Ralph Buglass of the Montgomery County Speakers Bureau.

Course	Day, Date	Time	Cost	Location
11630	W, 2/19	10:30-11:30 am	\$6/\$8	Azalea Rm

## Time's 100 of the Century

Time magazine looked at the most remarkable people of the 1900s and divided them into five categories. There are artists and entertainers, scientists and thinkers, leaders and revolutionaries, builders and titans, and heroes and icons. Let's discover some of these fascinating people, chosen for better or worse, who influenced the last 100 years.

**Nelson Mandela:** Born Rolihlahla, Mandela came from a small village and was the first of his family to attend school. There he developed an acute interest in African history. How did this poor boy become a national icon?

Course	Day, Date	Time	Cost	Location
11546	M, 1/27	10:30-11:30 am	\$8/\$10	Card Rm

**Marlon Brando:** Born in Omaha, far from the lights of Hollywood. His boyhood was molded by a rigid father and an activist mother. He was expelled from military school and worked as a brick layer for a time. What drove him to acting?

Course	Day, Date	Time	Cost	Location
11547	M, 2/24	10:30-11:30 am	\$8/\$10	Card Rm

**Ray Kroc & Estee Lauder:** Ray Kroc was born in Oak Park, Illinois, and worked at various jobs during the Depression, including playing the piano for bands. How did he become the fast-food tycoon?

Josephine Esther Mentzer was one of eight children. She created magic in the beauty industry and became Estee Lauder. Who was this magical woman?

Course	Day, Date	Time	Cost	Location
11548	M, 3/23	10:30-11:30 am	\$8/\$10	Card Rm

## Treason! **NEW!**

How local leaders helped launch the American Revolution is a PowerPoint presentation by Susan Cooke Soderberg from the Montgomery County Historical Society. The Repudiation Act of Nov. 23, 1765, and the Hungerford Resolves of June 11, 1774, led the citizens of what is now Montgomery County into an armed revolt against Great Britain. Learn details about who the leaders were, how they fought in the Revolution, and how they contributed to the newly forming independent government of the state of Maryland.

Course	Day, Date	Time	Cost	Location
11635	Tu, 3/3	10:30 am-12 pm	\$8/\$10	Azalea Rm

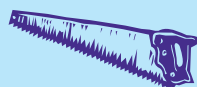


### Did you know?



Senior Center members receive a phone call invitation to the birthday party during their birthday month.

### Did you know?



A staff member is available in the wood shop on Thursdays from 10 a.m.-noon for machine questions.



## Watercolor Classes

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly.

### Beginner

This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your own unique style. A supply list will be available at Senior Center Information Desk.

Course	Day, Date	Time	Cost	Location
11491	Th, 1/16-2/27	9:15-11:15 am	\$95/\$115	Blossom Rm

### Intermediate

For participants with some watercolor experience. Class focuses on composition, color harmony, movement and explores color mixing, splatting, wet into wet and other techniques.

Course	Day, Date	Time	Cost	Location
11492	Th, 1/16-2/27	11:30 am-1:30 pm	\$95/\$115	Blossom Rm
11494	Th, 1/16-2/27	4-6 pm	\$95/\$115	Blossom Rm

### Advanced

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

Course	Day, Date	Time	Cost	Location
11493	Th, 1/16-2/27	1:45-3:45 pm	\$95/\$115	Blossom Rm

## Wood Shop - Gardener's Tote **NEW!**

Organize and transport your essential gardening supplies with this handy cedar tote box. Professor Peter McNally from Montgomery College will teach how to make this useful multipurpose carrier. A sample photo and supply list will be available prior to the class.

Course	Day, Date	Time	Cost	Location
11500	Tu,Th, 2/25-2/27	10 am-12:30 pm	\$12/\$17	Woodshop

**Check the monthly newsletter for updates, special events and movies!**



## Holiday Supper Club

**Catered Dinner and Entertainment**

**Tuesday, Dec. 10**

**5-7 p.m. \$22/\$32. Register #9615**

**Entertainment:**

**Dale Jarrett Trio and Company.**

**Sponsored by Brightview Falls Grove.**

**Register by Nov. 25.**



## Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required 24 hours in advance: 240-314-8810.



## TRIP REGISTRATION: In-Person Lottery

Thursday, Jan. 9 • 10:30 a.m.

Senior Center members: Numbers distributed in random order, 10:15 a.m.

Friday, Jan. 10

Nonmembers: Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

*When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends.*

*Hurry! Trips tend to sell out quickly, so don't delay.*

**Call 240-314-8800 for more information.**





## Happy Hearts Luncheon **NEW!**

Travel with the trip staff to Dutch's Daughters for a winter outing to celebrate Valentine's Day a little early. Ranked as one of the top-rated restaurants in Frederick, Dutch's offers many delicious options. Each participant will select from the extensive menu and pay individually. Trip includes charter bus transportation, leadership, and surprises.

Course	Day, Date	Time	Cost	Location
11528	W, 2/12	10:30 am-3:30 pm	\$30/\$36	Glenview Mansion Lower Parking Lot

## Kennedy Center Tour **NEW!**

Over the years, we've been to the Kennedy Center for countless performances, but never taken an actual tour of the facility and learned about the historic events that led up to the establishment of the national cultural center. Learn about the works of art given to the center as well as the artists who created them. Visit the gift shop for unusual treasures and time to enjoy lunch on your own in the café. Trip includes charter bus transportation, leadership and tour.

Course	Day, Date	Time	Cost	Location
11641	F, 3/6	9:30 am-3 pm	\$30/\$36	Glenview Mansion Lower Parking Lot

## McFadden Art Glass **NEW!**

We're headed to Baltimore to a custom glass-blowing art studio, McFadden's, for a demonstration and gallery tour. Amazingly fanciful designs and distinctive creations will amaze you and you'll learn about art, science, history, and a new vocabulary. After the tour, stop at Timbuktu Restaurant for lunch, purchased on your own. Trip includes charter bus transportation, leadership and tour.

Course	Day, Date	Time	Cost	Location
11644	Th, 1/30	9:30 am-3:30 pm	\$35/\$45	Glenview Mansion Lower Parking Lot

## Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: [www.rockvillemd.gov/boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)



## Natural History Museum **NEW!**

The Smithsonian National Museum of Natural History has reopened after a lengthy renovation. This trip will help promote an understanding of the natural world and our place in it. Take a self-guided tour at your leisure, with time for lunch on your own in the Atrium Cafe. Revitalized exhibits include mammals, Ocean Hall, fossils, dinosaurs, gems and minerals, and a live butterfly exhibit, to name a few. Enjoy this special experience right in our own backyard. Trip includes leadership, charter bus transportation, and timed group entrance to museum.

Course	Day, Date	Time	Cost	Location
11589	Th, 2/27	9 am-3 pm	\$30/\$36	Glenview Mansion Lower Parking Lot



## B Computers: Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks, and creating and/or deleting a desktop shortcut. Instructor: James Martin

Course	Day, Date	Time	Cost	Location
11596	Th, 2/6	1-3 pm	\$11/\$15	Comp. Lab
11632	Th, 3/26	1-3 pm	\$11/\$15	Comp. Lab

## B Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11584	M,W, 1/27-1/29	1-3 pm	\$17/\$27	Comp. Lab
11613	M,W, 2/24-2/26	10 am-12 pm	\$17/\$27	Comp. Lab

## B Using Right Click-Left Click

Understand your mouse and discover how to find, move, copy, and save files and pictures. Create or delete shortcut icons on your desktop, emails, and documents. Instructor: James Martin

Course	Day, Date	Time	Cost	Location
11577	Th, 1/16	1-3 pm	\$11/\$15	Comp. Lab
11608	Tu, 2/18	1-3 pm	\$11/\$15	Comp. Lab

## B Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11556	Tu, 1/7	10 am-12 pm	\$17/\$27	Comp. Lab
11595	W, 2/5	1-3 pm	\$17/\$27	Comp. Lab
12237	W,3/4	10 am-12 pm	\$17/\$27	Comp. Lab



### Did you know?

The Rockville Senior Center has a specialized computer lab that hosts 15 Window PC desktops? *You may also bring your own laptop to class to learn from your own device.*

## I Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? Learn tips help improve performance and answer questions that puzzle you about your computer. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11582	M,W, 1/27-1/29	10 am-12 pm	\$17/\$27	Comp. Lab
11622	M, W, 3/9-3/11	10 am-12 pm	\$17/\$27	Comp. Lab

## I Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11553	M,W, 1/6-1/15	10 am-12 pm	\$30/\$37	Comp. Lab
11619	M,W, 3/2-3/11	1-3 pm	\$30/\$37	Comp. Lab

## I Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11578	Tu,Th, 1/21-1/30	10 am-12 pm	\$30/\$37	Comp. Lab
11626	M,W, 3/16-3/25	1-3 pm	\$30/\$37	Comp. Lab

## I Microsoft Word

Learn to line up text, collate a list and make documents look professional. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11592	Tu,Th, 2/4-2/11	10 am-12 pm	\$30/\$37	Comp. Lab
11620	Tu,Th, 3/3-3/10	10 am-12 pm	\$30/\$37	Comp. Lab

## I Using Thumb Drives, Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11609	W, 2/19	10 am-12 pm	\$11/\$15	Comp. Lab
11628	Tu, 3/17	1-3 pm	\$11/\$15	Comp. Lab



## I Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11605	M,W, 2/10-2/12	1-3 pm	\$30/\$37	Comp. Lab
11621	Tu,Th, 3/3-3/5	1-3 pm	\$30/\$37	Comp. Lab

## I Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app store. Use the messaging app to communicate with your friends and more. Instructor: Hickman

### PHONE

Course	Day, Date	Time	Cost	Location
11580	Tu,Th, 1/21-1/23	1-3 pm	\$17/\$27	Comp. Lab
11627	Tu,Th, 3/17-3/19	10 am-12 pm	\$17/\$27	Comp. Lab

### TABLET

Course	Day, Date	Time	Cost	Location
11586	Tu,Th, 1/28-1/30	1-3 pm	\$17/\$27	Comp. Lab
11633	Tu,Th, 3/24-3/26	10 am-12 pm	\$17/\$27	Comp. Lab

## B Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well-known charity, learn the signs of deception. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11591	M, 2/3	1-3 pm	\$11/\$15	Comp. Lab

## I Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11558	M,W, 1/6-1/8	1-3 pm	\$17/\$27	Comp. Lab
11614	M,W, 2/24-2/26	1-3 pm	\$17/\$27	Comp. Lab

**KEY:** **B** = Beginner courses  
**I** = Intermediate courses  
*Handout fees included in price.*

## B Copying Pictures to PC

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class. Instructor: Hickman

### Tablet Pictures to PC Thurs

Course	Day, Date	Time	Cost	Location
11560	Th, 1/2	10 am-12 pm	\$11/\$15	Comp. Lab
11611	Th, 2/20	10 am-12 pm	\$11/\$15	Comp. Lab

### Phone Pictures to PC Thurs

Course	Day, Date	Time	Cost	Location
11565	Th, 1/9	10 am-12 pm	\$11/\$15	Comp. Lab
11610	W, 2/19	1-3 pm	\$11/\$15	Comp. Lab

## B Email Fundamentals

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails. Instructor: Martin

Course	Day, Date	Time	Cost	Location
11576	Tu, 1/14	1-3 pm	\$11/\$15	Comp. Lab
11631	Tu, 3/24	1-3 pm	\$11/\$15	Comp. Lab

## B File Management

Learn how to copy, move, delete, and rename files. Organize your work and find lost files. Make folders and get a better understanding of your profile. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11594	W, 2/5	10 am-12 pm	\$11/\$15	Comp. Lab

## B Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11559	Tu, 1/7	1-3 pm	\$11/\$15	Comp. Lab

## B Fun with Pictures

Introduces drawing features in MS Word and Windows Paint program. Covers elementary manipulation of pictures and text in documents. Instructor: Martin

Course	Day, Date	Time	Cost	Location
11612	Th, 2/20	1-3 pm	\$7/\$11	Comp. Lab
11629	Th, 3/19	1-3 pm	\$7/\$11	Comp. Lab

## B Gmail Basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11590	M, 2/3	10 am-12 pm	\$11/\$15	Comp.Lab
11618	M, 3/2	10 am-12 pm	\$11/\$15	Comp.Lab

## B Microsoft Paint

Microsoft Paint is a free drawing tool on your computer that you can use to create or elaborate drawings. You can use it for your desktop background, to paste in another document, or to view and edit scanned photos. Instructor: Martin

Course	Day, Date	Time	Cost	Location
11607	Th, 2/13	1-3 pm	\$7/\$11	Comp. Lab

## I Microsoft PowerPoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables, and pictures. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11604	M,W, 2/10-2/18	10 am-12 pm	\$30/\$37	Comp. Lab
11624	M,W, 3/16-3/23	10 am-12 pm	\$30/\$37	Comp. Lab

## I PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11561	Th, 1/2	1-3 pm	\$11/\$15	Comp. Lab



### Stay Alert...

Sign up for [rockvillemd.gov/alerts](http://rockvillemd.gov/alerts) and receive alerts about important information in your community.

## B PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11606	F, 1/3	10-11:30 am	\$17/\$27	Comp. Lab
11617	Th, 2/13	10-11:30 am	\$17/\$27	Comp. Lab
11623	Th, 3/12	10-11:30 am	\$17/\$27	Comp. Lab

## I PC Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse, and more. Program requires Windows 7 or 8. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11570	Th, 1/9	1-3 PM	\$11/\$15	Comp. Lab
11616	Tu, 2/25	1-3 PM	\$11/\$15	Comp. Lab

## I Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store and Edge, the new browser. Learn to navigate these features and more. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11575	Tu,Th, 1/14-1/16	10 am-12 pm	\$30/\$37	Comp. Lab
11615	Tu,Th, 2/25-2/27	10 am-12 pm	\$30/\$37	Comp. Lab

## B Yahoo Mail Basics

Login and start exploring organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever. Instructor: Hickman

Course	Day, Date	Time	Cost	Location
11593	Tu, 2/4	1-3 pm	\$11/\$15	Comp. Lab
12261	Tu, 3/10	1-3 pm	\$11/\$15	Comp. Lab

## Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.



# Snow Removal

***Want to help a fellow neighbor?***

Many older adults need assistance with snow removal.

If you would like to volunteer this winter, or if you are a city resident, 60 and older\* in need of assistance, please contact

Jerry Jones

240-314-8819

[jjones@rockvillemd.gov](mailto:jjones@rockvillemd.gov)

*\*Volunteers not  
always available*

## ROCKVILLE SENIOR FITNESS CENTER

*It's the best time to be 60+ in Rockville!*

7 a.m.-8 p.m. Monday-Thursday • 7 a.m.-7 p.m. Friday • 7 a.m.-4 p.m. Saturday

**Fitness Center Membership Fees:** \$90/year (Must be a Senior Center member)

**www.rockvillemd.gov/seniorcenter • 240-314-8800**

### Abs and Back

The core is the key to better posture, better balance, and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks, and mid and lower back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat. Instructor: Owen

Course	Day, Date	Time	Cost	Location
11365	Tu, 1/14-3/10	5-5:45 pm	\$48/\$60	Exercise Rm

### Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
11383	Tu,Th, 1/14-3/12	11 am-12 pm	\$60/\$75	Exercise Rm
11352	W, 1/15-3/11	2:15-3:15 pm	\$38/\$48	Exercise Rm

### Afternoon Yoga Flow

Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat. Instructor: Ford

Course	Day, Date	Time	Cost	Location
11388	Tu,Th, 1/14-3/12	3:15-4:15 pm	\$75/\$94	Exercise Rm

### Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina, and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression. Instructor: Owen

Course	Day, Date	Time	Cost	Location
11384	Tu,Th, 1/14-3/12	1-2 pm	\$60/\$75	Exercise Rm
11353	F, 1/17-3/13	1:15-2:15 pm	\$38/\$48	Exercise Rm

### Balance and Mobility Training

This class is designed to help improve your balance and reduce your risk of fall related injuries. It will also cover joint mobility exercises to help increase circulation to maintain full body movement. Instructor: Khrolenko

Course	Day, Date	Time	Cost	Location
11355	Th, 1/16-3/12	5:30-6:15 pm	\$38/\$48	Exercise Rm

### Balance Matters

Balance exercises help improve stability, coordination, leg strength, and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life. Instructor: Ohlandt

Course	Day, Date	Time	Cost	Location
11354	M, 1/13-3/23	10-10:45 am	\$38/\$48	Carnation Rm
11351	W, 1/15-3/11	12:10-12:50 pm	\$38/\$48	Exercise Rm



**Did you know?** Volunteers are available to take your blood pressure in the Senior Center health room on Mondays from 10 a.m.-noon.



## Belly Dance Basics

Enjoy an expressive, exciting, and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength. Instructor: Ford

Course	Day, Date	Time	Cost	Location
11350	F, 1/17-3/13	10-10:45 am	\$38/\$48	Blossom Rm

## Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands, and tubes. The instructor guides you through each movement. All exercises are appropriate for adults 60+. This class includes work on the mat. Instructor: Ramsey

Course	Day, Date	Time	Cost	Location
11364	F, 1/17-3/13	9-9:45 am	\$48/\$60	Thomas Farm

## Brain-Body Balance **NEW!**

Our brains have the power to grow new neurons and make new corrections at any age. This fun class is designed to harness that amazing power, called neuroplasticity. Specific exercises will provide a healthy stimulus that's needed for your brain and body to maintain it's optimal health and function. Instructor: Khrolenko

Course	Day, Date	Time	Cost	Location
12234	F, 1/17-3/13	5:30-6:15 pm	\$45/\$56	Exercise Rm

## Caribbean Dance Basics

Learn how to dance salsa, cha cha, guaguancó, and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances. Instructor: TBA

Course	Day, Date	Time	Cost	Location
11363	M, 1/13-3/23	11 am-12 pm	\$48/\$60	Carnation Rm

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation. Instructor: Ramsey

Course	Day, Date	Time	Cost	Location
11374	M,W, 1/13-3/18	11 am-12 pm	\$50/\$62	Exercise Rm

## Chair Zumba

This class allows the participants to enjoy all the Zumba dance moves while seated. Combine upper and lower body movements which gives the body a total workout while listening to great music. Instructor: Ford

Course	Day, Date	Time	Cost	Location
11349	F, 1/17-3/13	1:15-2 pm	\$35/\$44	Blossom Rm

## Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing, and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength. Instructor: Helfer

Course	Day, Date	Time	Cost	Location
11376	F, 1/17-3/13	11:15 am-12 pm	\$53/\$66	Blossom Rm
11377	F, 1/17-3/13	12:15-1 pm	\$53/\$66	Blossom Rm

## Drums Alive

Try this exciting new class using a stability ball and drum sticks. Get your heart pumping, strengthen your lungs, and improve endurance. This class is adaptable to most fitness levels. Instructor: TBA

Course	Day, Date	Time	Cost	Location
11361	M, 1/13-3/23	2-2:45 pm	\$45/\$56	Exercise Rm

## Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners. Instructor: TBA

Course	Day, Date	Time	Cost	Location
11357	F, 1/17-3/13	11:15 am-12 pm	\$40/\$50	Exercise Rm

## Easy Zumba

Combine fun, energetic, and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Wednesday class will be held in the Carnation room. Appropriate for beginners. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost	Location
11378	M,W, 1/13-3/25	10-10:50 am	\$53/\$66	Exercise Rm
11517	Tu, 1/14-3/10	2:15-3:05 pm	\$35/\$44	Exercise Rm

# Fitness and Sports

## Easy Zumba Bilingual

Esta clase inspirada en musica Latina, es apropiada para principiantes. 'Easy Zumba' está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English. Instructor: Vivar

Course	Day, Date	Time	Cost	Location
11344	F, 1/17-3/13	10:45-11:35 am	\$35/\$44	TCRC

## Foam Rolling

This class will help you sooth tight muscles by using a foam roll for self-massage. Release tension and speed up muscle recovery in as little as 30 minutes. For the active participant. This class includes work done on the mat. Instructor: Ohlandt

Course	Day, Date	Time	Cost	Location
11387	Th, 1/16-3/12	12:15-12:45 pm	\$65/\$81	Lounge

## Forever Fit

Receive a total-body workout that combines cardio exercise, strength training, and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels. Instructors: Ohlandt; Finn\*

Course	Day, Date	Time	Cost	Location
11345	M, 1/13-3/23	12:10-12:50 pm	\$35/\$44	Exercise Rm
*11385	Tu,Th, 1/14-3/12	10-10:50 am	\$65/\$81	Exercise Rm
11348	W, 1/15-3/11	4-4:50 pm	\$35/\$44	Exercise Rm

## Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat, and reach your fitness goals. Participants use weights and mats. This work out is for most fitness levels. Instructor: Owen

Course	Day, Date	Time	Cost	Location
11369	Sa, 1/18-3/14	10-11 am	\$50/\$62	Exercise Rm

## On Your Feet — Yoga Blend

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved. Instructor: Ford

Course	Day, Date	Time	Cost	Location
11370	W, 1/15-3/11	1:15-2 pm	\$50/\$62	Exercise Rm
11371	F, 1/17-3/13	12:15-1 pm	\$50/\$62	Exercise Rm

## Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners. Instructor: Finn

Course	Day, Date	Time	Cost	Location
11381	Th, 1/16-3/12	11-11:45 am	\$58/\$72	Lounge

### Did you know?

The Senior Sports and Fitness Division  
hosts up to 84 programs a session.

## Ask the Wellness Coach!

*Ask questions about nutrition,  
diet and general health.*

Call for your free 15-minute appointment  
or stop by the Rockville Senior Center  
Fitness Room desk. Available to  
fitness center members only.



## 240-314-8813

(Fitness Center members only.)



## Pilates — Intermediate Workout

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility, and core strength. Instructor: TBA

Course	Day, Date	Time	Cost	Location
11382	Th, 1/16-3/12	2:15-3 pm	\$58/\$72	Exercise Rm

## Introduction to Piloxing® – **NEW!** Pilates. Boxing. Dance.

This groundbreaking and unique program is a blend of lengthening Pilates, strengthening boxing and dance moves that keep your heart rate up. This class will get you excited because it's so much fun! You will notice stronger, longer and leaner muscles, improved flexibility, better muscle control, and better coordination. Your metabolism will go into overdrive. For the active participant. Instructor: Serrano Gonzalez

Course	Day, Date	Time	Cost	Location
11516	F, 2/21-3/13	2:30-3:15 pm	\$25/\$30	Exercise Rm

## Pre-hab Training

Get in shape before your surgery and get back on your feet in less time. Our pre-hab specialist helps you recover faster by developing and implementing an exercise plan specific to your needs. This program includes eight, individual one-hour sessions with the trainer. In addition, this program must begin no later than six weeks prior to scheduled surgery and requires medical clearance from your doctor. Fitness Club members only.

Course	Day, Date	Time	Cost	Location
11391	M-F	8 am-6 pm	\$315	Fitness Rm



**Hydrate!** It's important to stay hydrated throughout your workout.

## Post-rehab Training

Have you completed your rehabilitation program with your doctor or physical therapist? Let us help you continue on your road to recovery. Our post-rehab specialist works together with your medical professionals to develop a safe and effective fitness plan. Includes eight individual one-hour sessions with the trainer. This program requires medical clearance from your doctor or physical therapist. Fitness Club members only.

Course	Day, Date	Time	Cost	Location
11390	M-F	8 am-6 pm	\$315	Fitness Rm

## Salsa, Stretch, & Sip **NEW!**

Enjoy 20 minutes of salsa, followed by 20 minutes of stretches, including some basic yoga poses and a relaxation segment. Finish the hour with time for friends and light refreshments. Instructor Serrano-Gonzalez, Ford

Course	Day, Date	Time	Cost	Location
12236	F, 3/20	10:30-11:30 am	Free	Carnation

## Saturday Yoga Flow **NEW!**

Start your weekend energized and ready to go in only 45 minutes. This yoga class begins with a warmup and ends with a relaxation period. Please bring a yoga sticky mat. Instructor: Owen

Course	Day, Date	Time	Cost	Location
11347	Sa, 1/18-3/14	11:15-12 pm	\$48/\$60	Exercise Rm

## Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat. Instructor: Ramsey

Course	Day, Date	Time	Cost	Location
11386	Tu,Th, 1/14-3/12	9-9:45 am	\$65/\$81	Exercise Rm

## Did you know?

All of our fitness instructors and personal trainers are nationally certified.

## Fitness Club

Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

## Basic Exercise-Machine Training

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk. \$15.

## Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

<b>One:</b>	One-Hour Session: \$52	Fitness Rm
<b>Two:</b>	One-Hour Sessions: \$100	Fitness Rm
<b>Three:</b>	One-Hour Sessions: \$142	Fitness Rm
<b>Six:</b>	One-Hour Sessions: \$262	Fitness Rm
<b>Ten:</b>	One-Hour Sessions: \$415	Fitness Rm

## Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. Must be a fitness room member. This is done by appointment only. Appointments can be made at the front desk. \$15.

**Did you know?** The Center for Disease Control (CDC) recommends at least 150 to 300 minutes a week of moderate-intensity physical activity or 75 to 100 minutes a week of vigorous-intensity physical activity.



## Strong 30™

Strong 30™ is an innovative and intense 30-minute, complete body exercise. During this workout, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant. Instructor: Finn, Serrano-Gonzalez

Course	Day, Date	Time	Cost	Location
<b>11375</b>	Tu, 1/14-3/10	12:15-12:45 pm	\$49/\$65	Exercise Rm
<b>12260</b>	Th, 1/16-3/12	12:15-12:45 pm	\$49/\$65	Exercise Rm

## T'ai Chi Ch'uan - Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi, including aspects of history and culture. For Senior Center members only. Must be able to stand unassisted and turn with ease. Instructor: Gegan

Course	Day, Date	Time	Cost	Location
<b>11299</b>	Tu,Th, 1/14-3/17	10-10:50 am	\$10	Carnation Rm

## Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class may include work on the mat. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
<b>11372</b>	M, 1/13-3/23	9-9:45 am	\$50/\$62	Exercise Rm
<b>11373</b>	F, 1/17-3/13	9-9:45 am	\$50/\$62	Exercise Rm



## Walking Series: **NEW!** Seneca Creek State Park

Enjoy the outdoors with this seasonal event. Join this walking series to increase your fitness level while experiencing some of our beautiful local trails. This program is designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch. Instructor: Klopfer

Course	Day, Date	Time	Cost	Location
11300	Tu, 4/7	10 am-2:30 pm	\$12/\$15	See above

## Walking Strong

Any time is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor-walking class that includes muscle-boosting exercises to increase circulation, boost your immune system, and burn calories. Walk approximately one mile each class. Class will be cancelled third Thursday of every month. No Class 1/16, 1/23 & 2/20. Instructor: Owen

Course	Day, Date	Time	Cost	Location
11336	Tu,Th, 1/14-3/12	12:15-12:45 pm	\$25/\$30	Carnation Rm

## Workshop Series – Yoga Basics

Each session we will offer this workshop series to increase your knowledge and your fitness level while experiencing some of our great programs. This workshop includes an interactive presentation followed by a full practice of the highlighted program. Instructor: Ford

Course	Day, Date	Time	Cost	Location
12125	F, 3/27	10 am-12 pm	\$25	Exercise Rm

## Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Class is for most fitness levels. Bring a yoga sticky mat. Instructor: Serrano-Gonzalez

Course	Day, Date	Time	Cost	Location
11358	M, 1/13-3/23	1-1:45 pm	\$40/\$50	Exercise Rm

## Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat. Instructors: England, Chowdhury\*

Course	Day, Date	Time	Cost	Location
11367	M, 1/13-3/23	6:30-7:30 pm	\$48/\$60	Exercise Rm
*11368	W, 1/15-3/11	6-7 pm	\$48/\$60	Lounge

## Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat. This class includes work done on the mat. Instructor: Figliore

Course	Day, Date	Time	Cost	Location
11389	W,F, 1/15-3/18	(W) 9:50-10:50 am (F) 10-11 am	\$95/\$119	Exercise Rm

## Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates. Instructor: Ford

Course	Day, Date	Time	Cost	Location
11380	W, 1/15-3/11	8:45-9:30 am	\$55/\$69	Exercise Rm

## Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must fill out a registration packet and hand it to the instructor when you arrive. **\*Note: First Wednesday of every month, class is held at Lincoln Park Community Center.**

Day	Time	Cost	Location
M & W	1:30-2:15 pm	Free	Carnation Rm*
M & W	2:20-3:05 pm	Free	Carnation Rm*

## Game Room Activities

Play pool and table tennis daily in the game room. Open 8:30 a.m.-7 p.m. Monday and Wednesday, 8:30 a.m.-5 p.m. Tuesday, Thursday and Friday, and 8:30 a.m.-2:45 p.m. Saturday. Practice games, clinics and instruction are held regularly. Table tennis is also available at Twinbrook Comm. Rec. Center from 9-10 a.m. Wednesday. *For Senior Center members only.*

Course	Day, Date	Time	Cost
11292	Ongoing	See Above	Free

## Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total-body workout. Instructor: Ford

Course	Day, Date	Time	Cost	Location
11359	M, 1/13-3/23	5-6 pm	\$40/\$50	Exercise Rm
11360	W, 1/15-3/11	5-6 pm	\$40/\$50	Exercise Rm

## 8 Week-Challenge

Accomplish the CDC's recommendation on 150 minutes of aerobic activity weekly by participating in an eight-week fitness challenge. Begins Jan. 20 and concludes March 14. Prizes will be awarded to three participants with the greatest number of exercise minutes. There will be a mandatory meeting on Jan. 16 at 1 pm to receive the fitness packet and guidelines for the program. Call 240-314-8822 for more information. Registration is required. \*Free to fitness members and fitness class participants.

Course	Day, Date	Cost
12199	M-Sa, 1/20-3/14	Free*

## Sports/Instructional

### Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

Course	Day, Date	Time	Cost	Location
11338	M, 1/27-3/9	1-2 pm	\$30/\$38	Game Rm



### Table Tennis – Intermediate

This class is for those who have a basic knowledge of the rules and scoring, and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

Course	Day, Date	Time	Cost	Location
11339	W, 1/29-3/4	1-2 pm	\$30/\$38	Game Rm
11340	F, 1/31-3/6	1-2 pm	\$30/\$38	Game Rm

## Sport Leagues

### Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center, which has a wood floor court for badminton. Free to Senior Center members and Rockville residents.

Course	Day, Date	Time	Cost	Location
11293	W,F, 1/15-4/1	8:45-9:45 am	Free	TCRC Gym

### Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents.

Course	Day, Date	Time	Cost	Location
11295	W,F, 1/15-4/1	10-11 am	Free	TCRC Gym

### ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court, so play is easy and fun. Special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided.

Course	Day, Date	Time	Cost	Location
11302	M, 1/27-3/9	3:15-4:30 pm	\$15/\$18	Exercise Rm



## Ten Pin Rockin' Rollers

When was the last time someone cheered for you? Come out and bowl with us. New members welcome. A weekly \$9 fee is payable directly to Bowl America\* (Clopper Road, Gaithersburg) on day of play. Includes three games and shoe rental. Coordinator: Alfred Jaques

Course	Day	Time	Cost	Location
11294	Th	1-3 pm	\$9/Week	*See Above

## Senior Swim

### 60-Plus Water Aerobics

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used. Instructor: Holland

Course	Day, Date	Time	Cost	Location
11651	Tu, 1/7-4/14	2:05-2:50 pm	\$31/\$40	South Pool
11652	Th, 1/9-4/16	2:05-2:50 pm	\$31/\$40	South Pool

### Senior Aquacize — Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Course	Day, Date	Time	Cost	Location
11653	M, 1/6-4/13	11:05-11:50 am	\$31/\$40	South Pool
11654	W, 1/8-4/15	11:05-11:50 am	\$31/\$40	South Pool
11655	F, 1/10-4/17	11:05-11:50 am	\$31/\$40	South Pool

### Senior Aquacize — Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

Course	Day, Date	Time	Cost	Location
11647	M, 1/6-4/13	10:10-10:55 am	\$31/\$40	N Pool/Sec. 3
11648	W, 1/8-4/15	10:10-10:55 am	\$31/\$40	N Pool/Sec. 3
11649	F, 1/10-4/17	10:10-10:55 am	\$31/\$40	N Pool/Sec. 3

# HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

**Saturday, Dec. 7**  
**9 a.m.-2 p.m.**

Handmade Crafts • Book Sale • Raffle •  
Bake Sale • Plant Sale • Gift Shop and  
Thrift Shop Open.

Lunch is available for purchase.

240-314-8800

Directions: 240-314-5019

Transportation available for senior residents,  
please call by 12/4. 240-314-8810

## Senior Water Exercise

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

Course	Day, Date	Time	Cost	Location
11645	M, 1/6-4/13	2:35-3:20 pm	\$31/\$40	N Pool/Sec. 2
11646	W, 1/8-4/15	2:35-3:20 pm	\$31/\$40	N Pool/Sec. 2

### Did you know?

Exercising in water puts less strain on your joints while giving you a great workout.

## Dementia Friendly Initiative **NEW!**

Without guidance on how to deal with the challenging situations of those dealing with dementia, community members can often feel awkward when communicating with someone living with dementia and may experience unnecessary discomfort when running errands, dining out and attending community events. Through this training, you will gain new skills and resources to effectively continue with your work and activities, and help other community residents. Conducted by Nancy Epstein, Care Patrol, a qualified Dementia Friends community educator, part of Montgomery County's Dementia Friendly Initiative.

Course	Day, Date	Time	Cost	Location
11524	W, 2/12	1-2 pm	Free	Azalea Rm

## Keeping with the Beat **NEW!**

Atrial fibrillation is an irregular heartbeat or arrhythmia that can lead to blood clots, stroke or heart failure. Dr. Edward Heal, Cardiologist, will review the signs and symptoms of atrial fibrillation as well as non-surgical and surgical treatment options.

Course	Day, Date	Time	Cost	Location
12111	Th, 3/26	1-2 pm	Free	Azalea Rm

## Hearing Loss **NEW!**

Lisa Yuan and Christy Gavitt will share their personal experiences with hearing loss and the strategies and tools, including assistive devices, that help them remain engaged and productive. Both presenters are NCHATT trainers (Network of Community Assistive Technology Trainers) who volunteers who go out in the community to educate people about hearing-loss resources and tools to enhance their ability to understand speech in different settings (e.g., at the movies, in a restaurant, watching TV, etc.) Lisa works at the National Institutes of Health Communications and wears a cochlear implant and a hearing aid, and Christy is a global health consultant and wears hearing aids.

Course	Day, Date	Time	Cost	Location
11522	Tu, 2/4	1-2 pm	Free	Azalea Rm

## Heart Health **NEW!**

A basic overview of how to prevent and manage symptoms and/or conditions related to heart health through diet, exercise and lifestyle changes. There will also be a heart-healthy bingo activity that will go over different facts about heart health. Presented By Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
11525	Th, 2/13	1-2 pm	Free	Azalea Rm

## Update on Prostate Health **NEW!**

When do I need a prostate exam? What does an elevated PSA mean? What treatment options are available for prostate cancer? Get your questions answered and how to maintain a healthy prostate with urologist Mark Rosenblum, M.D.

Course	Day, Date	Time	Cost	Location
11587	Th, 2/27	1-2 pm	Free	Azalea Rm

## Memory Screening **NEW!**

Concerned about memory problems? Take a free, confidential memory screening conducted by licensed professionals. The results are preliminary and educational in nature. Use them to facilitate a meaningful discussion with your physician. Call for an appointment: **301-355-6578**. Presented by *Visiting Angels* in conjunction with the *Alzheimer's Foundation*. Screenings are confidential.

Day, Date	Time	Cost	Location
F, 3/20	10 am-4 pm	Free	Senior Support Offices

## Nutrition Guidelines **NEW!**

This presentation will focus on recommended American dietary guidelines to help manage and prevent chronic disease. Some topics to be addressed are normal salt and sugar intake, how to understand food labels, and healthy meals. Presented by Adventist HealthCare.

Course	Day, Date	Time	Cost	Location
11526	Th, 3/12	1-2 pm	Free	Azalea Rm



**Did you know?** Rockville Senior Center members get a significant discount on Senior Center Building rentals?



### Ongoing Skin Clinic

On the second Friday of each month. You must have an appointment. This is charged to your Medicare. See Betty in the Health Room or call 1-877-345-5300.

### Rewiring Your Brain **NEW!**

Hear about the amazing adaptability of the brain to rewire itself throughout the lifespan. Learn about the four basic stages of change that can lead to being life-minded. Come and learn more about the only container that uniquely holds more — the more you put into it. Presented by Bill Neely, BS, M Dir., chaplain at Brook Grove Foundation, Sandy Springs.

Course	Day, Date	Time	Cost	Location
12110	Th, 3/5	1-2 pm	Free	Azalea Rm

### Sesiones de Comer Saludable en Espanol (Healthy Eating Sessions in Spanish)

Adoptar habitos de comer saludable es clave para nuestro bienestar y para la prevencion de enfermedades cronicas. En esta serie de cuatro sesiones, aprendera de una manera divertida y practica sobre la guia recomendada para mantener un estilo de alimentacion saludable; los riesgos ocultos que se encuentran en nuestros alimentos como el azucar, la sal y las grasas; y como planificar y comprar comida saludable a bajo presupuesto. Los participantes recibiran material educativo y promocional en cada session. Presentado por la Iniciativa Latina de Salud del condado de Montgomery.

Course	Day, Date	Time	Cost	Location
11597	F, 1/17-2/7	1-2 pm	Free	Arts & Crafts Rm

### Pain Connection **NEW!**

Anesthesiologist Dermot Maher, M.D., M.S., will highlight treatment options for acute and chronic pain. Learn the latest in innovative interventional procedures that can reduce and, in some cases, eliminate pain for good.

Course	Day, Date	Time	Cost	Location
11588	Th, 1/23	1-2 pm	Free	Azalea



### Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery, and stress-reduction classes for over 30 years.

Course	Day, Date	Time	Cost	Location
11523	M, 1/6-3/23	1-2 pm	\$30/\$40	Board Rm



## Need Help with Your Taxes?

### Senior Income Tax Assistance

Mondays, Feb. 3-April 13  
Appointment needed: no fee  
240-777-2577

# Support Resources

## Alexa ... please

Alexa has taken the world by storm with over 100 million sold but research shows people use only 2% of what Alexa can do. Paul Burden of Our Voice will show you how to get the most out of the Amazon Echo, sometimes called Alexa. Sure, she can get a pizza, call an Uber or video call the grandkids, but she can also save your life, literally. See how.

Course	Day, Date	Time	Cost	Location
11531	Th, 1/30	10:30 am-12 pm	Free	Card Rm

## Ask the Realtor: Downsizing and Pricing My House to Sell

Learn about downsizing and pricing your house to sell with Coni Otto. Strategies will be shared on downsizing and pricing your house to sell in today's market as is versus repaired value.

Course	Day, Date	Time	Cost	Location
11533	F, 2/28	10-11:30 am	Free	Azalea Rm

## Insurance 101 and Scams

Join Patricia Dorn, from the Maryland Insurance Administration, as she covers renters, homeowners, auto, medical supplement and life insurance fraud. She is here to educate Marylanders about their rights and provide easy-to-read resource guides.

Course	Day, Date	Time	Cost	Location
11530	Tu, 1/14	10:30 am-12 pm	Free	Azalea Rm

## Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets first and third Monday of the month. Bring a bag lunch and meet people! **Must contact, representative Sheila Griffith at 240.428.1342 or [sagriffith@alz.org](mailto:sagriffith@alz.org) prior to attending.**

Course	Day, Date	Time	Cost	Location
11539	M, 1/6-3/16	12-1 pm	Free	Azalea Rm

## Navigating Transitions for Your Loved One's Care

Caregiving can be a daunting and stressful job. Please join Care Patrol for a workshop featuring compelling and informative discussion of local resources, housing, and care options. Attendees will learn: important differences in housing and care options in the area; how memory care differs from other senior care options; tips for families looking for senior care; guidance on touring senior care facilities; and information on various private, veterans and government programs.

Course	Day, Date	Time	Cost	Location
11532	W, 2/26	1-2 pm	Free	Azalea Rm

## Positive Aging Program

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

## Women Living Alone Support Group

How to Live Alone and Not Be Lonely: a long-standing open-enrollment support group at RSC in which members support each other through listening, as well as through offering tips, suggestions and advice for a variety of issues. Meets first and third Thursday of the month.

Course	Day, Date	Time	Cost	Location
11598	Th, 1/2-3/19	1-2:30 pm	Free	Card Rm

## Self Advocacy

Self-advocacy is about knowing what your needs are, knowing what could help you address those needs and communicating about your needs to others. This group will review self-advocacy skills with the goal of helping you feel more independent and in charge of your situation as you find solutions to your challenges. Meets first and third Tuesday of the month.

Course	Day, Date	Time	Cost	Location
11599	Tu, 1/7-3/17	1-2:30 pm	Free	Card Rm

## Did you know?

We have a counselor on site Tuesdays and Thursdays. For questions, call 240-314-8810.



## Gratitude

Ever notice how those with the greatest burdens sometimes show the most gratitude? This group explores how being grateful regularly can change how your life unfolds. There are many frustrations, changes, adjustments, surprises and losses at this stage of life. Gratitude can get lost in the midst. Join this psychoeducational group and discussion on conducting a life with a focus on gratitude. Meets second and fourth Thursday of the month.

Course	Day, Date	Time	Cost	Location
11600	Th, 1/9-3/26	1-2:30 pm	Free	Card Rm

## Senior Coping Skills

Life skills can often be adapted to different circumstances and stages of life. However, the senior stage of life often requires new or not-often-used coping skills. This group will address and promote sharing of best and most-used coping skills at this stage of life. Best practices will be presented with an opportunity for discussion and sharing what works. Meets second and fourth Tuesday of the month.

Course	Day, Date	Time	Cost	Location
11601	Tu, 1/14-3/24	1-2:30 pm	Free	Card Rm

## Understanding Grief

Suffering a loss is tremendous. Why does it feel the way it does? What is it supposed to be like? How do I take care of myself while grieving? How do I live my life with this loss? This workshop will address the psychosocial aspect of grieving. Although grief is unique to each person, coping skills and tasks for grieving can be helpful. These will be discussed along with other resources.

Course	Day, Date	Time	Cost	Location
11603	Th, 1/30	1-2 pm	Free	Card Rm

## The Four Legal Documents Every Senior Should Have

Join Rachel Seawell Vogel, Esq., with Frank, Frank & Scherr, LLC, to discuss the importance of having a last will and testament, power of attorney, advance medical directive and living will.

Course	Day, Date	Time	Cost	Location
11537	M, 2/3	10:30 am-12 pm	Free	Azalea Rm

## Turning 65?

Happy birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you need a refresher? Join representatives from the Senior Health Insurance Assistance Program, and learn where to begin and how to get help.

Course	Day, Date	Time	Cost	Location
11538	Tu, 3/31	6-8 pm	Free	Azalea Rm



**Aging information,  
services and support  
for seniors and families  
may be obtained by  
calling the center at  
240-314-8810.**

**Staff Chat: Meet a staff member weekly in  
the lunch room, Wednesdays, 10-10:30 a.m.**

## Did you know?

Rockville Senior Services home maintenance coordinator is available onsite at the Rockville Senior Center to help city residents ages 60-plus evaluate home safety and repairs.

## Daily Lunch

Hot and cold lunches are available at noon, Monday-Friday.

Participants contribute as much as they are able toward the cost of the meal (\$5.72). Reservations required 24 hours in advance: 240-314-8810.

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## Have Questions?

Call 240-314-8800 or  
email us at  
[seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## Developing Villages in Rockville

### Twinbrook Village

Contact: [twinbrookvillage@gmail.com](mailto:twinbrookvillage@gmail.com)

### King Farm Neighbors Village

Contact: [kfnvinfo@gmail.com](mailto:kfnvinfo@gmail.com)  
301-799-8104

### Pump House Village (East Rockville)

Contact: [pumphousevillage@gmail.com](mailto:pumphousevillage@gmail.com)

For more information, contact:  
Trish Evans, Village Facilitator  
[tevans@rockvillemd.gov](mailto:tevans@rockvillemd.gov)



## Senior Transportation

*Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?*

**Monday to Friday:** Pick up (*for those who call in advance schedule*): Approx. 9 a.m. and approx. 11 a.m.  
Take home times: Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older.

Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.



## **Rockville Emergency Assistance Program (REAP)**

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

**Contact:**

Martha McClelland; 240-314-8816,  
or Andrea Rogers; 240-314-8817.

## **Benefits of Senior Center Membership include:**

Discounts on Senior Programs  
Discounts on Rentals  
DVD Rentals  
Eligibility to Join the Fitness Center  
Early Class Registration  
Drop-in Programs  
Discounts on all  
Rockville Adult Classes  
Eligibility for Senior Garden Plots

## **Resource Refresher**

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- Digital photography
- ESOL (English for Speakers of Other Languages)
- Language classes
- Free notary services

# General Information

## Registration Begins:

- Member registration begins Tuesday, Dec. 3 *and*
- Nonmember registration begins Thursday, Dec. 5.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

## Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.

**Most convenient method.  
7 days a week.**

### 1. Online:

[www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

### 2. Fax to:

Rockville Senior Center: 240-314-8809

### 3. Mail to:

Rockville Senior Center  
1150 Carnation Drive 20850

### 4. Walk-In:

The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

## Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration).

Online Donation	Course #s
\$10.00	#2239
\$25.00	#2240
\$50.00	#2241
\$75.00	#2242
\$100.00	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center  
1150 Carnation Drive, Rockville, MD 20850

## Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.



# Registration Form

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____	City   Ciudad	State   Estado	Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_

## Senior Center Happenings:

### **Female Re-Enactors of Distinction • Fri., Feb. 7, 10:30 a.m.-noon**

Female Re-Enactors of Distinction (FREED) is a group of ladies who originally met in 2005 at the African American Civil War Museum. Their mission is to educate and promote the accomplishments of the African American Civil War Soldiers and the women who supported their fight for freedom. In honor of Black History Month, we are delighted to have a number of these ladies join us for a discussion and light refreshments. Course #11395; \$3/\$5

### **Thurgood Marshall: Civil Rights Leader • Wed., Feb. 19, 10:30-11:30 a.m.**

A trail-blazing civil rights victory in Montgomery County led to civil-rights icon Thurgood Marshall delivering an early blow to school segregation in Montgomery County. Gaining equal pay for the county's African-American teachers in 1937 is a little-known legal case often seen as the first step in Marshall's successful drive to have segregation declared unconstitutional. PowerPoint presentation by Ralph Buglass of the Montgomery County Speakers Bureau. Course #11630; \$6/\$8

### **Salsa, Sip, & Stretch • Fri., March 20, 10:30-11:30 a.m.**

Enjoy 30 minutes of salsa, followed by a relaxation and cooldown, completed with time to chat with new friends and enjoy snacks. Course #12236; Free

## HOLIDAY BAZAAR

Sponsored by Rockville Seniors, Inc.

**Saturday, Dec. 7  
9 a.m.-2 p.m.**

Handmade Crafts • Book Sale • Raffle •  
Bake Sale • Plant Sale • Gift Shop  
and Thrift Shop Open.

Lunch available for purchase.  
240-314-8800